

## ABSTRACT

### **The Relationship between Beliefs about Medications and Medication Adherence in Hypertensive Patients**

**(Study at Primary Health Care Centers in Surabaya)**

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Hypertension is a chronic disease that requires long term therapy. Medication adherence in hypertensive patients is crucial because taking antihypertensive drugs regularly can maintain the normal blood pressure.

This study aimed to determine the relationship between beliefs in medications and medication adherence in hypertensive patients at primary health care centers in Surabaya. This study designed as a cross-sectional study using accidental sampling. The belief about medication was measured using Belief about Medicines Questionnaires (BMQ) questionnaires. The BMQ consist of two sections : beliefs about specific medication prescribed for a particular illness (BMQ-Specific), and beliefs about medicines in general (BMQ-General). The adherence was measured used by Adherence to Refills and Medication Scale (ARMS) questionnaire. A lower score of ARMS indicated better adherence.

There were 80 patients (aged  $\geq 18$  years) participated in this study. Hypertensive patients who received antihypertensive drugs at primary health care centers in Surabaya, have been taking antihypertensive drugs for at least 6 months were included

To conclude, there was a weak correlation between BMQ Spesific-Necessity and medication adherence (p value = 0.002 and r value = -0.320) in hypertensive patients at primary health care center in Surabaya.

**Keyword: correlation, hypertension, BMQ, ARMS, drug**